

A

Choice for All

Seasons

LUNCHEON MENUS















Created from recipes of members

LAFAYETTE SPECIAL EVENTS UNIT

AMERICAN CANCER SOCIETY

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This book has been designed to help you plan luncheons which feature day-before preparation. We hope you will enjoy using these recipes and will wish to recommend A Choice for all Seasons to your friends or use it for handy gifts. Additional copies may be obtained from:

AMERICAN CANCER SOCIETY  
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## SUGGESTIONS FOR USE OF THIS BOOK

Luncheon menus seem to present a problem in planning to many good cooks. It is hoped that these menus, with make-ahead recipes, will be of help. Alternate recipes have been provided to make the menus more flexible for individual tastes and preparation time. It is also hoped that your own good recipes will fit into these menus.

No attempt has been made to present cake, cookie or pie recipes for dessert. Your own favorites can always be substituted for the desserts planned.

Each menu is planned to serve a suggested number of people. All recipes presented with a menu are scaled for that many. Most of the recipes can easily be doubled, and many can be divided.

## PREPARATION TIPS

### Sauces

Many good luncheon main dishes are made with a thickened sauce which can be so time-consuming to prepare. Take a tip from the French--buy a wire whip, if you don't own one, and use the following quick method:

Blend softened butter with flour (now called a roux) and add it directly to the



hot liquid. Immediately beat with a wire whip until smooth and thickened. Simmer a minute or two to cook flour, and proceed with recipe.

### Chicken

Many of these recipes call for diced chicken and chicken stock. (However, turkey can be used instead in many of them.) Fryer-sized chicken gives tender, juicy meat and a 3-pound bird will yield 2-1/2 to 3 cups diced meat.

For flavorful stock, cook a whole bird in 2 to 3 cups water, adding a chicken bouillon cube or 1 tablespoon dry chicken stock base, along with chopped onion and carrot, celery leaves, thyme and peppercorns. Taste before salting, as the bouillon often provides enough. When chicken is tender (fryers only take 30 to 40 minutes), remove from liquid to cool. Taste stock and, if needed, boil down for good rich flavor. Strain and use as needed or freeze.

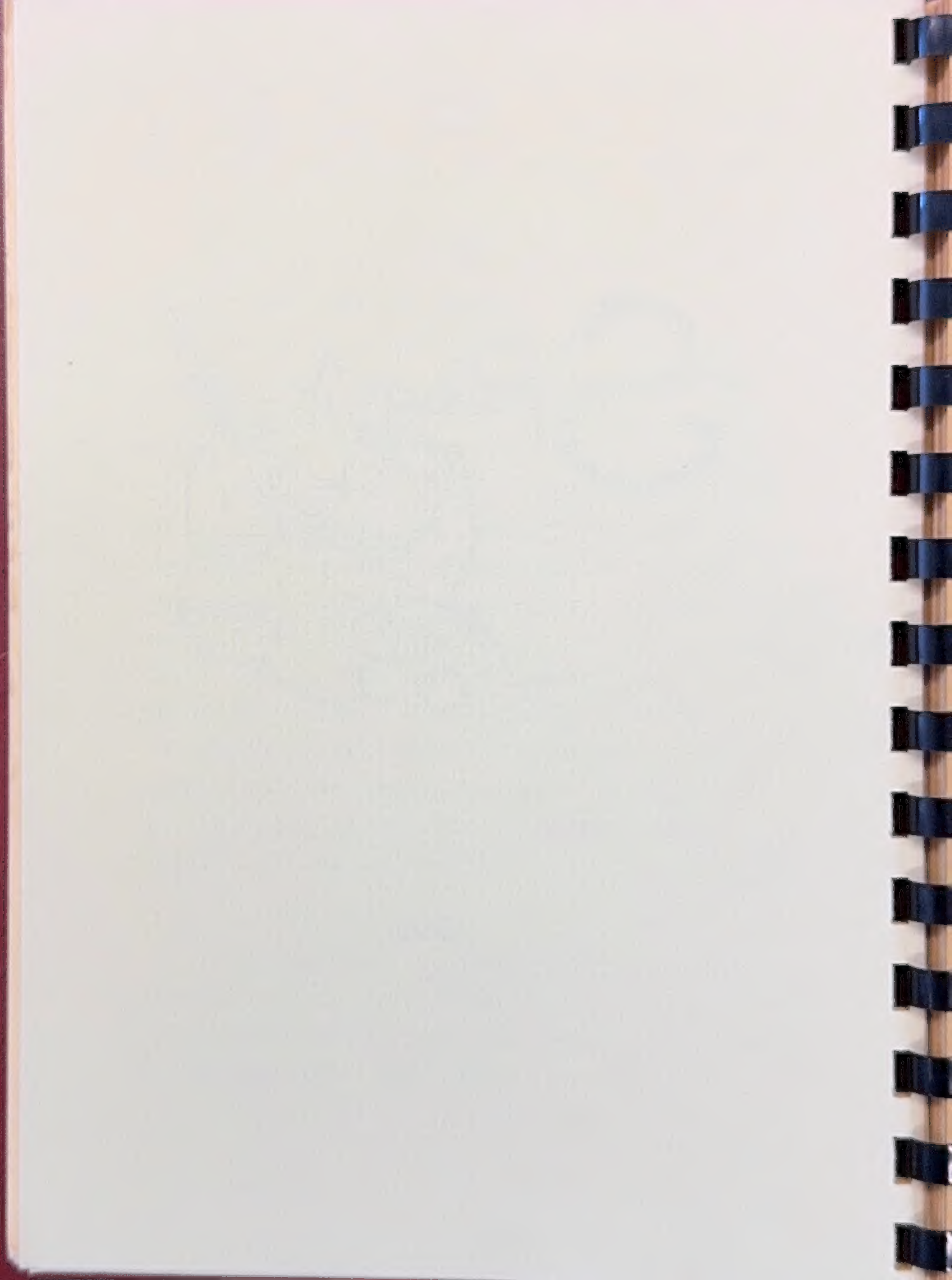
### Shrimp

Tiny cleaned, cooked, cocktail-sized shrimp are suitable to use in any recipe presented here. There are about 4 cups of these shrimp to the pound.











HAM ASPARAGUS PARISIENNE

SHADES OF GREEN SALAD

HERBED ROLLS

STRAWBERRIES SABAYON

wine suggestion: Vin Rose

Serves 6

"Spring is here!" announces this menu featuring asparagus and strawberries. Tender cooked asparagus spears are wrapped with thin ham slices and baked with a delicate sauce. A fluffy custard topping, sparked with orange liqueur, enhances the beautiful berries. A simple meal to prepare and so very elegant.





## HAM ASPARAGUS PARISIENNE

24 to 36 spears asparagus, depending on size  
12 thin slices boiled ham (6" x 4")

1 cup fine dry bread crumbs  
2 Tbls. Dijon-type mustard  
1/3 cup soft butter  
2 Tbls. finely chopped green onion  
1/2 tsp. salt  
1/4 tsp. pepper

4 Tbls. butter  
4 Tbls. flour  
2 cups milk  
2 egg yolks  
4 Tbls. lemon juice  
1 tsp. salt  
4-5 drops Tabasco

1/2 cup Parmesan cheese

Cook asparagus until just tender. Drain.  
Combine crumbs, mustard, butter, onion and seasonings. (Mixture will be crumbly.)  
Divide mixture among ham slices and spread.  
Place 2 or 3 spears of asparagus on long side of each ham slice. Roll up (or fold over) and arrange in buttered shallow baking dish.

To make sauce, blend butter with flour.  
Gradually stir in milk and cook, stirring until smooth and thickened. Beat egg yolks with lemon juice and seasonings. Add a little hot sauce to egg yolks, then blend, stirring into sauce. Simmer 2 or 3 minutes and pour over ham rolls.

Sprinkle with cheese and bake at 400° for 20 minutes in upper section of oven.



## SHADES OF GREEN SALAD

2 cups torn fresh spinach  
1 cup each torn romaine, red and head lettuce  
2 jars (6 oz.) marinated artichoke hearts  
1 large avocado, peeled and sliced  
Oil and vinegar type salad dressing

Toss all ingredients together just before serving.

## HERBED ROLLS

1/2 cup butter, softened  
1/4 tsp. basil, crushed  
1/4 tsp. thyme, crushed  
1 Tbls. lemon juice  
6 crusty rolls, split

Beat together butter, herbs and lemon juice. Spread cut surface of each roll with mixture. Place in 400° oven on upper shelf until hot (5-10 minutes).

## STRAWBERRIES SABAYON

4 egg yolks  
2 Tbls. sugar  
1/4 cup Grand Marnier or Curacao  
1/3 cup heavy cream, whipped

2 pint boxes fresh strawberries

Off heat, in top of double boiler, beat egg yolks with electric mixer until thick. Gradually beat in sugar. Continue beating until mixture is light and soft peaks form.

Place double boiler over simmering water and slowly beat in liqueur. Beat until mixture



is fluffy (about 5 minutes). Remove pan from hot water; set in ice water and beat until cool. Gently fold in whipped cream. Refrigerate until serving time (mixture holds very well several hours). Spoon over berries at serving time. (Delicious over fresh raspberries or peaches too.)



## PACIFIC ISLAND CASSEROLE

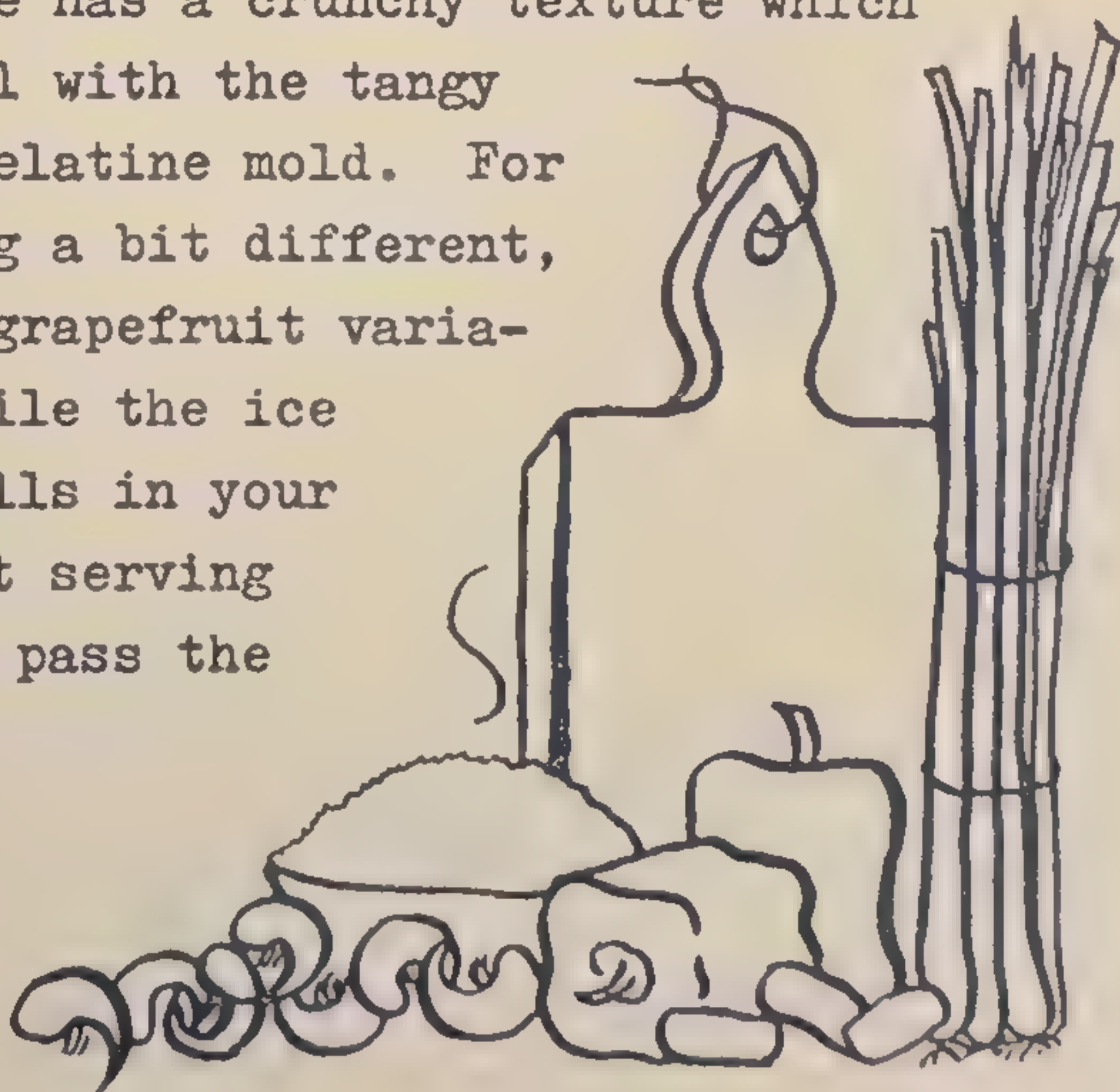
### MANDARIN ORANGE MOLD\*

### TAHITIAN SUNDAES

#### \*Grapefruit Ginger Mold

Serves 12

The exotic flavors of the Pacific are combined to make this relatively inexpensive luncheon for twelve. This versatile casserole has a crunchy texture which goes well with the tangy smooth gelatine mold. For something a bit different, try the grapefruit variation. Pile the ice cream balls in your prettiest serving dish and pass the sauce.





## PACIFIC ISLAND CASSEROLE

1 box (6 oz.) white and wild rice mix

3 Tbls. butter

1/2 cup diced celery

1/2 cup diced green pepper

1/2 cup sliced green onion

1/4 lb. fresh mushrooms, sliced

1 can (4 oz.) water chestnuts, sliced

1 lb. cooked, cleaned shrimp+

1 cup sour cream

Salt, pepper to taste

1 cup fresh buttered bread crumbs

2/3 cup (3 oz. pkg.) slivered almonds

Cook rice as directed on box, using measurements for firmer rice. Saute celery and green pepper in butter 2 or 3 minutes. Add onions and mushrooms and continue to cook 2 or 3 minutes. Vegetables should be crisp.

Combine vegetables with cooked rice, water chestnuts, shrimp and sour cream. Season to taste. Spoon into 3-quart, buttered casserole and top with bread crumbs and almonds. Bake at 350° for 40-50 minutes.

+3 cans drained tuna or 4 cups cooked diced chicken or turkey may be substituted for shrimp.





## MANDARIN ORANGE MOLD\*

2 Tbls. unflavored gelatine  
1/2 cup cold water  
1/2 cup sugar  
1 cup boiling water  
2 cans (6 oz.) frozen orange juice concentrate  
1 cup cold water  
2 cans (11 oz.) mandarin oranges, drained

Soften gelatine in cold water. Dissolve sugar in boiling water and stir in softened gelatine until melted. Add remaining ingredients, stirring until orange concentrate is melted. Turn into 1-1/2 quart mold and chill until firm. Can be served with dressing.

## FRUITED CREAM DRESSING

1 large banana  
1 can (9 oz.) crushed pineapple  
1 cup mayonnaise  
1 cup heavy cream, whipped

Mash banana, drain pineapple, and combine with mayonnaise. Fold in whipped cream.

## TAHITIAN SUNDAES

7-8 oz. flaked coconut  
1-1/2 quarts coffee ice cream  
2 cups coffee-flavored liqueur or chocolate sundae topping

Spread coconut over a shallow baking pan and toast in a 350° oven about 10 minutes. Stir occasionally while toasting. Make 12 ice cream balls and roll each immediately in



coconut and place in freezer. At serving time, mound balls on a pretty platter. Pass liqueur or topping separately.

#### Alternate Recipe:

##### \*GRAPEFRUIT GINGER MOLD

2 cans (1 lb.) grapefruit sections, unsweetened

2 pkgs. (3 oz.) lemon-flavored gelatine

3/4 cup boiling water

3/4 cup juice from grapefruit

1/4 cup lemon juice

2 cups gingerale

1 medium red apple, diced

1/2 cup diced celery

2 to 3 Tbls. finely chopped, crystallized ginger

Drain grapefruit, reserving liquid. Dissolve gelatine in boiling water. Add grapefruit juice, lemon juice and gingerale. Chill until slightly thickened. Stir in rest of ingredients. Turn into 2-quart mold and refrigerate until firm. Garnish with salad greens and avocado slices.



CHICKEN AVOCADO SUPREME\*

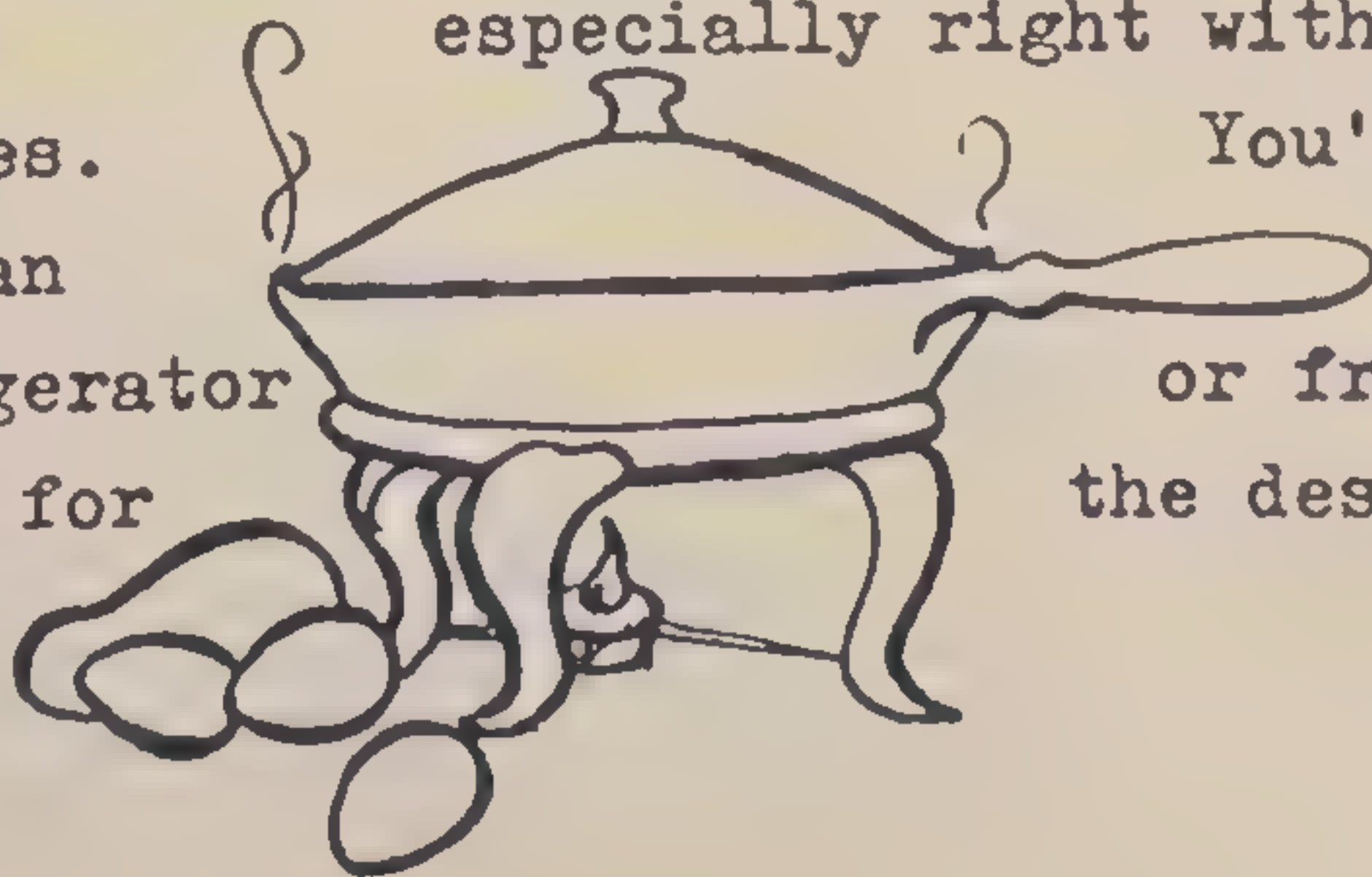
CALIFORNIA SALAD BOWL

CHILLED ZABAGLIONE\*\*

\*Chicken Crab Louise  
\*Curried Ham and Eggs  
\*\*Minted Chocolate Parfaits

Serves 8

Your chafing dish or favorite large serving container is featured here with a choice of three distinctive fillings to be served in patty or cream puff shells, over English muffins, toast points, or rice. Tangy oranges tossed with crisp salad greens taste especially right with these recipes. You'll need to plan for refrigerator space for or freezer the dessert.





## CHICKEN AVOCADO SUPREME\*

3 cups diced cooked chicken  
1/2 cup butter  
1/4 lb. fresh mushrooms, sliced  
1/4 cup chopped onion

1/2 cup flour  
1-1/2 cups chicken broth  
1/2 cup dry white wine  
1 cup light cream  
Salt, pepper to taste  
1/4 cup diced pimiento

1 large avocado, peeled and diced  
1/2 cup slivered almonds

Cream puff or patty shells

Saute mushrooms and onions in butter. Remove from pan and set aside. Blend flour into drippings and slowly add chicken broth. Cook, stirring until thickened. Add wine and cream. Taste for seasoning. Stir in chicken, mushrooms, and pimiento. Heat gently. Just before filling shells, add avocado and almonds.

## CALIFORNIA SALAD BOWL

2 large oranges, peeled  
1 small Bermuda onion, thinly sliced  
1-1/2 quarts torn salad greens  
Sweet type French or Italian salad dressing

Separate orange into segments and slice thinly. Separate onion into rings. Just before serving, toss with salad greens and dressing to taste. (If the main dish does not include avocado, it is nice with this combination.)



## CHILLED ZABAGLIONE\*\*

1 tsp. unflavored gelatine  
1/4 cup sugar  
1/2 cup dry Sherry or Marsala  
6 egg yolks, beaten  
1 Tbls. brandy  
1 tsp. vanilla  
1 cup heavy cream, whipped

3 egg whites  
Dash salt  
2 Tbls. sugar

In top of double boiler, combine gelatine and sugar. Stir in wine and beaten egg yolks. Cook over hot water, stirring, until thickened. Remove from heat and blend in brandy and vanilla. Cool. Fold in whipped cream.

Beat egg whites with 2 Tbls. sugar until stiff. Fold into custard. Spoon into parfait glasses or dessert dishes. Chill. These are even more attractive garnished with chocolate curls, nuts, or maraschino cherries.





## Alternate Recipes:

### \*CHICKEN CRAB LOUISE

1-1/2 cups diced cooked chicken  
1 cup crab meat  
4 slices crisp cooked bacon, crumbled

1/3 cup butter  
1/2 cup flour  
2 cups chicken broth  
Dash garlic powder  
1/4 tsp. nutmeg  
1/2 tsp. paprika  
5-6 drops Tabasco  
Salt to taste

1 cup sour cream  
1 pkg. (10 oz.) frozen peas, cooked (optional)

Blend butter with flour. Gradually stir in broth. Cook, stirring, until smooth and thickened. Add seasonings and taste for salt. Blend in sour cream, peas (if used), chicken, crab and bacon. Heat gently.

### \*CURRIED HAM AND EGGS

3 cups cubed cooked ham  
6 hard-cooked eggs, coarsely chopped

1/4 cup butter  
1/4 cup flour  
1 tsp. curry powder  
2 cups milk  
1/2 cup sour cream  
Salt to taste

Blend butter with flour and curry powder; gradually stir in milk. Cook, stirring,



until smooth and thickened. Simmer covered 2-3 minutes. Stir in sour cream, ham and eggs. Taste for salt. Add more curry if desired. Heat gently.

### \*\*MINTED CHOCOLATE PARFAITS

3/4 cup Creme de Menthe  
1 pint chocolate ice cream  
1 pint vanilla ice cream  
1 cup fudge sauce

In bottom of each of 8 parfait or dessert dishes place 2 tsp. Creme de Menthe. Add 1/4 cup chocolate ice cream. Top with 1 Tbls. fudge sauce, then 1/4 cup vanilla ice cream. Drizzle 1 Tbls. Creme de Menthe over top of each. Store in freezer until a few minutes before serving.







## CHICKEN BROCCOLI BAKE \*

## SALAD A LA GREQUE

## LEMON ANGEL CAKE\*\*

\*Ham Strata

\*\*Light Lemon Dessert

Serves 12

This casserole makes a very attractive picture with the biscuits standing around the edge, all flavored with a good sauce. The salad is a bit different, but adds the tang and crispness needed. Your own favorite dressing can be used over the greens and tomatoes. Lemon angel cake is truly food for angels and cuts to serve so nicely. A

quicker and lighter dessert is a recipe alternate.





## CHICKEN BROCCOLI BAKE\*

4 cups diced cooked chicken  
2 pkgs. (10 oz.) chopped broccoli, cooked and drained  
2 cans (10½ oz.) cream of mushroom soup  
1/2 cup salad dressing or mayonnaise  
1/2 cup chopped onion  
1 Tbls. Worcestershire  
1/2 tsp. curry powder

1 cup grated cheddar cheese

2 cans refrigerated buttermilk biscuits  
1/2 cup sour cream  
2 tsp. celery seed  
2 eggs, beaten

Combine first seven ingredients and spoon into buttered 2-quart flat baking dish. Bake at 375° for 20 minutes.

Sprinkle casserole with grated cheese.

Separate biscuits and cut in half through the top. Arrange biscuits (cut side down) around edges of casserole. Mix sour cream with seasonings and egg. Spoon over biscuits. Bake at 375° for 20 to 30 minutes or until golden brown.

## SALAD A LA GREQUE

1/2 lb. fresh mushrooms  
1/2 cup olive oil  
1/2 cup white wine vinegar  
1/4 cup sliced green onion  
1 clove garlic, mashed  
1/4 cup chopped parsley  
Pinch thyme and basil  
Fresh ground pepper



Salad greens (about 3 quarts)  
Tomatoes, sliced lengthwise

Slice mushrooms very thin into a glass or stainless steel bowl. Combine marinade ingredients in jar and shake until well blended. Pour over sliced mushrooms, tossing to coat. Cover and marinate overnight. To serve, toss salad greens and tomatoes with mushrooms and marinade.

### LEMON ANGEL CAKE\*\*

1 baked 10" angel food cake

1 Tbls. unflavored gelatine  
1/4 cup cold water  
6 egg yolks, beaten  
3/4 cup sugar  
1-1/2 tsp. grated lemon peel  
3/4 cup lemon juice

6 egg whites  
3/4 cup sugar

1 cup heavy cream, whipped

Soften gelatine in cold water. Combine egg yolks, 3/4 cup sugar, lemon peel and juice. Cook over boiling water, stirring constantly, until mixture coats spoon. Remove from heat; add softened gelatine and stir until dissolved. Cool until partially set.

Beat egg whites until foamy. Gradually beat in 3/4 cup sugar, continuing to beat until stiff and glossy. Fold into custard.

Remove crusts from angel cake. Tear cake into pieces. Half fill a buttered 10"



tube or 9" x 13" pan with cake pieces. Add filling, then rest of cake pieces, pushing into filling. Chill until firm. Frost with whipped cream.

### Alternate Recipes:

#### \*HAM STRATA

12 slices bread  
3/4 lb. grated cheddar cheese  
1 pkg. (10 oz.) chopped broccoli, thawed  
2 cups ground ham

8 eggs, beaten  
3-1/2 cups milk  
1/4 cup each, chopped parsley, green onion  
Salt, pepper, dry mustard (to taste)

Cut 24 rounds of bread with biscuit cutter; set aside. Fit remaining scraps into bottom of greased 9" x 13" pan. Scatter in layers over bread the cheese, then broccoli, then ham. Place bread rounds on top. Combine remaining ingredients. Pour over casserole and refrigerate overnight.

Bake uncovered at 325° for 1 hour.

#### \*\*LIGHT LEMON DESSERT

1-1/2 cups crushed vanilla wafers

6 egg yolks, beaten  
1 cup sugar  
2/3 cup lemon juice  
1 Tbls. grated lemon peel (optional)

3 egg whites, stiffly beaten  
1 cup heavy cream, whipped



Coat a well-buttered 7" x 11" baking dish with 1 cup of cookie crumbs. Combine egg yolks, sugar, lemon juice and rind. Freeze until mushy. Fold together beaten egg whites, whipped cream and lemon mixture. Spoon into baking dish; sprinkle with remaining crumbs and freeze overnight.

Place in refrigerator 30 minutes before cutting into 12 squares for serving. (Mixture may also be frozen individually in paper baking cups.)















## FROSTED SANDWICH LOAF

SWEDISH CUCUMBERS

DILLED CARROTS

HERBED TOMATOES

PEACHES PIEDMONTESE\*

\*Fruit Compote

Serves 12

An almost forgotten favorite, frosted sandwich loaf, is a cool way to serve a crowd. The frosting is a bit kinder to your figure than the usual cream cheese, and the fillings blend well together for color and flavor. If you have never tasted dilled carrots, be sure to make these. The peaches are authentic Italian and so very good, especially when made with perfectly ripened fruit.





## FROSTED SANDWICH LOAF

1 loaf unsliced sandwich bread

1 cup finely diced shrimp or chicken  
1/4 cup mayonnaise  
1 Tbls. catsup (omit with chicken)  
2 Tbls. minced celery  
1/8 tsp. marjoram  
Salt to taste

1 avocado, mashed  
4-5 drops Tabasco  
2 tsp. lemon juice  
1-1/2 oz. cream cheese  
1/2 tsp. salt  
Dash of garlic

3 slices crisp cooked bacon, crumbled  
2 slices boiled ham, minced  
1-1/2 oz. cream cheese  
3 Tbls. sour cream  
1 Tbls. minced green onion  
2 Tbls. minced parsley

3 hard-cooked eggs, finely chopped  
1/4 cup mayonnaise  
1 tsp. mustard  
Salt, pepper to taste

1 cup cottage cheese  
1/4 cup milk  
6 oz. cream cheese  
4-5 drops Tabasco

Cut crusts from all sides of loaf. Cut loaf into five even slices lengthwise. (If bread is slightly frozen, it helps.) Combine each filling separately. Spread four of the bread slices with the fillings. Use shrimp covered slice for bottom layer. Place egg covered



slice next, then ham-bacon, then avocado.  
Place uncovered slice on top.

In blender, beat cottage cheese with milk and Tabasco. Add cream cheese and blend until very smooth. Frost sides and top of loaf. Decorate with sliced olives and pimiento. Refrigerate, covered, overnight.

### SWEDISH CUCUMBERS

3 or 4 cucumbers, sliced  
2 cups white wine vinegar  
1/3 cup sugar  
2 bay leaves  
1 tsp. dill weed or seed  
1 tsp. whole black peppercorns

Sprinkle cucumbers with salt; set aside for an hour. Combine remaining ingredients. Bring to a boil, stirring until sugar is dissolved. Cool. Strain to remove spices and combine with drained cucumbers. Chill several hours.

### DILLED CARROTS

8 to 10 small carrots  
1/2 cup white wine vinegar  
1/2 cup water  
1 tsp. dill weed  
1 tsp. celery salt or Beau Monde seasoning

Peel and trim carrots. Cut into lengthwise sticks. Combine remaining ingredients. Add carrots; cover and simmer about 15 minutes, or until crisp tender. Chill in marinade overnight.



## HERBED TOMATOES

4 medium tomatoes, peeled and sliced  
1 Tbls. basil, crushed  
2 Tbls. minced parsley  
2 Tbls. minced green onion  
Italian or French dressing to taste

Arrange tomatoes on platter. Sprinkle with herbs. Drizzle with dressing. Cover and chill 2-3 hours.

## PEACHES PIEDMONTESE\*

7 large fresh peaches, peeled  
2 egg yolks, beaten  
2 tsp. ground cocoa  
6-8 macaroons (depending on size), crushed  
1/4 tsp. almond extract  
1 Tbls. melted butter  
2 Tbls. brandy or sherry

Cut 6 of the peaches in half. Arrange face up in buttered shallow baking dish. Mash remaining peach and blend in rest of ingredients. Fill peach halves with mixture. Bake at 325° for 45 minutes. If fruit seems dry, add a little hot water to dish. Increase heat to 400° for 10 minutes longer to brown. Serve warm or chilled.





## Alternate Recipe:

### \*FRUIT COMPOTE

8 cups fresh fruit in season  
1/3 cup brandy  
2 cups white wine  
1/4 to 1/2 cup sugar

Combine equal parts of several kinds of fruits in a glass or ceramic serving bowl. Stir together liquids and sugar. Pour over fruit and refrigerate up to 4 hours. Nice to serve from a pretty bowl at the table.







## GAZPACHO\*

CHILLED BEEF OR HAM ROLLS

JUMBO BLACK OLIVES

FLAN

\*Jellied Gazpacho

Serves 4-6



On a hot summer day, nothing is more refreshing than the icy Spanish soup, Gazpacho. Choosing condiments is half the fun. Be sure to pre-chill the soup bowls. The jellied version is equally delicious and simple to serve. Plan ahead to have the roast beef or ham left from a weekend dinner. To carry out the theme, serve the custard dessert, lovely with its caramel sauce.



## GAZPACHO\*

Presented below are two versions of Gazpacho soup. To be typically Spanish, the vegetables are chopped and combined with seasoned tomato juice. Bread sticks are the usual accompaniment. In Mexico, one is more likely to find that part of the vegetables have been pureed with the tomato juice. The rest are then served chopped to be added as desired, along with garlic croutons. Either way, the results are delicious and refreshing. An American version in jellied form is an alternate recipe.

### Spanish version:

- 3 large tomatoes, peeled and chopped
- 1 bunch green onions, minced
- 1 green pepper, chopped
- 1 cucumber, chopped (peel if waxed)

- 2 cups tomato juice
- 1/4 cup olive oil
- 1/3 cup red wine vinegar
- 1-1/2 tsp. salt
- 1 clove mashed garlic
- Fresh ground pepper
- 1/8 tsp. Tabasco (optional)

Prepare all vegetables. Combine tomato juice with remaining ingredients. Stir in vegetables and chill for several hours. Makes about 1-1/2 quarts.

### Mexican version:

- 2 large tomatoes
- 1 medium onion
- 1/2 green pepper
- 1/2 large cucumber



Make recipe above for seasoned tomato juice.

Coarsely chop vegetables and puree in blender with part of seasoned tomato juice. Combine with remaining juice and chill thoroughly. Serve with vegetables--tomatoes, green onion, cucumber and green pepper (all chopped and placed in separate bowls) and garlic croutons.

### CHILLED BEEF OR HAM ROLLS JUMBO BLACK OLIVES

To fill out the luncheon menu, serve jumbo black olives and thinly sliced rare roast beef or ham individually rolled up, arranged on a platter and garnished with parsley. A good delicatessen can provide the meat if you haven't saved any from dinner.

### FLAN

1/4 cup sugar

4 eggs, beaten

1/4 cup sugar

1/4 tsp. salt

1-1/2 cup milk

1/2 cup light cream

1 tsp. vanilla

Chopped walnuts

Melt sugar in a heavy skillet, stirring until it becomes liquid and turns a light brown. Immediately spoon into bottom of 6 well-buttered custard cups or molds.

Blend together eggs, sugar, salt, milk, cream and vanilla. Strain and pour into custard



## SALMON MOUSSE

SOUR CREAM  
CUCUMBERS

SLICED  
TOMATOES

HOT ROLLS

ELEGANT PUFF RING\*

\*Individual Fruit Tortes

wine suggestion: Fume Blanc

Serves 6-8

A delicately-flavored salmon mousse is just right for that important summer luncheon. Unmold the mousse on a bed of lettuce and serve with garden fresh tomatoes and tangy, old-fashioned sour-cream cucumbers. For added interest, try dipping your rolls in butter, then Parmesan cheese before heating.





## SALMON MOUSSE

- 1 can (1 lb.) pink or red salmon
- 2 Tbls. unflavored gelatine
- 1/4 cup white wine
- 3 Tbls. minced green onion
- 1 Tbls. butter
- 2 cups liquid (white wine, salmon and chicken broth)
- Salt and pepper or Tabasco to taste
- 2-3 drops red food coloring, if desired
- 1 cup heavy cream, whipped

Soften gelatine in wine. Drain salmon, reserving broth. Discard bones and skin. Saute onion in butter. Add liquid (1/4 cup white wine, salmon broth and chicken broth to make 2 cups in all). Bring to a boil. Remove from heat and add softened gelatine, stirring until dissolved. Pour broth mixture into blender with salmon and blend until very smooth. Season heavily. Chill until almost set, stirring occasionally.

Fold in whipped cream. Spoon into 1-1/2 quart mold; cover and chill several hours.

Unmold and garnish with watercress, egg slices, shrimp or olives.

## SOUR CREAM CUCUMBERS

- 2 medium cucumbers, sliced
- 1 tsp. salt
- 1 tsp. celery seed
- 1 Tbls. sugar
- 2 Tbls. white wine vinegar



2 Tbls. minced parsley  
1 Tbls. minced green onion  
1 cup sour cream  
Freshly ground pepper

Salt cucumbers and refrigerate until well chilled. Blend remaining ingredients together. Drain cucumbers and coat with dressing. Cover and chill several hours.

#### ELEGANT PUFF RING\*

1/2 cup water  
3 Tbls. butter  
1/4 tsp. salt  
1/2 tsp. sugar  
1/2 cup sifted flour  
2 large eggs

Bring water to a boil with butter, salt and sugar. Add flour all at once and beat vigorously over heat until mixture forms ball and leaves side of pan. Off heat, beat in eggs one at a time until very smooth. Form dough in about a 6" ring on a flat baking sheet. Bake in a 425° oven for 20 minutes. Reduce heat to 350° and bake 10 to 15 minutes longer. Remove from oven; cut several slits around sides of ring with a knife. Return to turned-off oven for 10 minutes. Cool somewhat and cut evenly through upper third of ring to remove top. Take out any damp bits of dough. Fill with choice of fillings below. They all will hold several hours before serving.

#### Filling suggestions:

Sabayon Sauce, page 3  
Raspberry Cake Roll Filling, page 49  
(or make with frozen strawberries)



## MOCHA FILLING

1 egg white  
3 Tbls. sugar  
1/2 cup heavy cream  
3 Tbls. coffee-flavored liqueur  
1 Tbls. cocoa

Make meringue with egg white and sugar. Set aside. Whip cream, adding liqueur and cocoa during last part of beating. Fold into meringue.

### Alternate Recipe:

#### \*INDIVIDUAL FRUIT TORTES

4 egg whites  
Dash salt and cream of tartar  
1 cup sugar  
1 Tbls finely grated orange rind  
1/4 cup finely chopped walnuts

6-8 sponge cake shells, 3-1/2" size

1 quart strawberries, sliced  
1/2 cup orange-flavored liqueur

To make meringue, add salt and cream of tartar to egg whites; beat until foamy and add sugar gradually. Continue beating after all sugar has been added for about five minutes. Fold in orange rind and nuts.

Spread meringue over dessert shells, mounding high around top edge to form a cup. Place on buttered cookie sheet. Bake at 250° for 1 hour, until dry but not brown. Cool.

To serve, combine liqueur with prepared fruit. Spoon into center of each torte (include a little juice for each).



## SALAD BAR LUNCHEON

### VIENNA TORTE

These salad recipes are presented to add to your own favorites. Also consider the salad recipes presented with other menus in this book. Serve them individually or in combination as your guest list grows. Keep in mind the various textures and flavors, so they are complementary.

The easy-to-prepare torte is as delicious as it is attractive, with its ribbon stripes of cake and filling. It is rich, so cut it into thin slices for serving.





### PINEAPPLE CHEESE MOLD

- 1 can (#2 or 1 lb.) crushed pineapple
- 1 pkg. (3 oz.) lime gelatine
- 1/2 cup grated mild cheddar cheese
- 1/2 cup chopped pimiento or Maraschino cherries
- 2/3 cup chopped walnuts
- 1/2 cup chopped celery
- 1/4 tsp. salt
- 1 cup heavy cream, whipped

Sliced stuffed olives

Drain pineapple; heat syrup to boiling. Stir in gelatine until dissolved. Cool. Just before gelatine sets, fold in pineapple and remaining ingredients, except olives. Arrange olives in bottom of 1-1/2 quart mold. Spoon mixture over top and chill until firm. Makes about 8 servings.

### VINAIGRETTE VEGETABLE MOLD

- 1 Tbls. unflavored gelatine
- 1/4 cup water
- 1 can {1 lb.} cut asparagus or green beans
- 1 jar (6 oz.) marinated artichoke hearts, drained
- 1/2 cup sliced stuffed olives
- 1 Tbls. minced green onion
- 1/3 cup sugar
- 1 tsp. salt
- 1/3 cup white wine vinegar
- 1/2 cup finely diced celery
- 1/4 cup finely diced green pepper

Soften gelatine in cold water. Add water to juice from asparagus or beans to make one cup. (Or use just water.) Bring to boil and stir in gelatine until dissolved. Cool until almost set and fold in remaining ingredients. Turn

into 1-quart mold and chill until firm.  
Serve with mayonnaise. Makes about 6  
servings.

### ROQUEFORT MOUSSE

1 Tbls. unflavored gelatine  
1/4 cup lemon juice  
1 cup boiling water  
1/4 lb. Roquefort (or Blue) cheese  
1 cup grated cucumber  
1/4 cup minced parsley  
2 Tbls. minced pimiento  
1 Tbls. minced capers (or black olives)  
1 tsp. grated onion  
Salt and fresh ground pepper  
1 cup heavy cream, whipped

Soften gelatine in lemon juice. Add to  
water, stirring until dissolved. Thoroughly  
mash cheese and combine with vegetables.  
Stir in dissolved gelatine and season to  
taste. Cool. Fold in whipped cream. Spoon  
into 1-1/2 quart ring mold. To serve, un-  
mold on chilled platter and garnish with  
shrimp, tomatoes, sliced hard-cooked eggs,  
black olives, or chilled asparagus. Makes  
6-8 servings.

### CURRIED COTTAGE CHEESE WITH FRUIT

1 pint small-curd cottage cheese  
1/2 cup chopped raisins  
1/3 cup chopped walnuts  
1/2 cup finely chopped celery  
1/4 tsp. salt  
1/2 tsp. curry powder (or more)

Choice of fruit (peaches, pineapple, pears,  
oranges, berries)



Combine cottage cheese with raisins, nuts, celery and seasonings. Chill several hours to blend flavors. Serve on lettuce with fruit. Makes 4 servings.

### MARINATED ZUCCHINI

8 zucchini, about 4" long  
2 green onions, sliced  
1/2 tsp. oregano  
1 cup French or Italian dressing

Lettuce  
Cherry tomatoes, sliced  
Mayonnaise  
Parmesan cheese

Parboil whole, unpeeled zucchini in salted water about 6 minutes. They should be tender crisp. Cool. Cut zucchini in half lengthwise and scoop out centers to make a shallow hollow. Lay, cut-side up, in shallow glass dish and sprinkle onion and oregano over tops. Pour salad dressing over all. Cover tightly and marinate at least 24 hours.

To serve, arrange zucchini halves on lettuce. Fill hollows with tomato slices. Top with mayonnaise and sprinkle generously with cheese.

### FRUITED HAM SALAD MOLD

1 pkg. (3 oz.) lemon-flavored gelatine  
1 cup boiling water  
1/4 cup lemon juice  
4-5 drops Tabasco or 1/8 tsp. white pepper  
1/2 tsp. salt  
1/2 cup mayonnaise

1/2 cup finely chopped celery  
1 cup thinly-sliced diced ham  
1 can (8 oz.) crushed pineapple, drained  
1 or 2 avocados, peeled and diced  
1 cup heavy cream, whipped

Dissolve gelatine in water. Chill until almost thickened. Beat in lemon juice, seasonings and mayonnaise. Fold in celery, ham, pineapple and avocados. Spoon into 1-1/2 quart mold and chill until set. To serve, garnish with salad greens and avocado slices. Serves 8 or more.

#### TROPICAL CHICKEN CONDIMENT SALAD

1-1/2 cups mayonnaise  
1 cup raisins, plumped in white wine or water, drained  
1 cup salted peanuts  
1 cup mango chutney, cut if necessary  
1 cup flaked coconut  
4 to 5 cups cooked chicken meat, coarsely diced  
2 cups sliced bananas  
Salt and pepper to taste

Avocados, peeled and sliced

Blend together mayonnaise, raisins, nuts, chutney and coconut. Fold in chicken and bananas. Season and chill.

To serve, line large salad bowl (or individual plates) with lettuce. Mound salad on lettuce and garnish with lemon-dipped avocado slices (and pineapple or more bananas, if desired). Serves 12.



## VIENNA TORTE

- 1 pound cake (7" x 3-1/2")
- 1 pkg. (6 oz.) chocolate chips
- 2 tsp. instant coffee
- 2 Tbls. brandy or 1/2 tsp. brandy extract
- 1 cup heavy cream, whipped

With serrated knife, cut cake lengthwise into 6 layers. This is easier to do if partially frozen. Melt chocolate over hot water. Stir in coffee and brandy and mix until very smooth. Cool. Fold in whipped cream. Spread mixture over layers of cake and put cake together, one layer over another. Frost top and sides with remaining mixture. Chill several hours before slicing. May be frozen. Serves 12 or more.







## CHICKEN CREPES\*

### SALAD DU CHARLES BISTRO

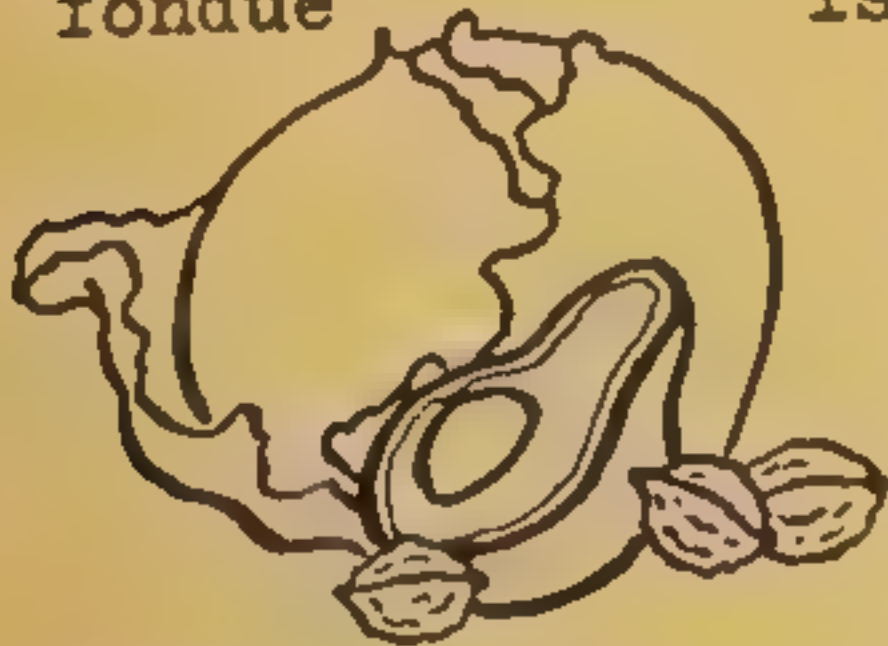
### ORANGE OR CHOCOLATE FONDUE

#### \*Shrimp Quiche

wine suggestion: Johannesburg Riesling

Serves 6

These chicken crepes are absolutely delightful and well worth learning to make. Don't let making crepes throw you--they really are easy to do. If you prefer, the rosy-colored shrimp quiche is equally delicious and less time-consuming to prepare. This flavorful salad is a house specialty of a fine restaurant and one of the best combinations ever. It is ideal to serve when good tomatoes are not available. Popular fondue



is found here as the dessert with a custardy orange or chocolate sauce to dip toasted cake cubes into. For something quicker to serve, choose one of the

sundae recipes in this book.



## CHICKEN CREPES\*

3 large eggs  
1-1/2 cup milk  
Dash nutmeg and cayenne  
3 Tbls. melted butter  
1/2 tsp. salt  
3/4 cup flour

In blender, or with electric mixer, beat egg with milk, seasonings and butter. Gradually add flour and beat until very smooth. Batter should be consistency of light cream. Refrigerate, covered, at least 1 hour.

Heat skillet with 5" or 6" base over medium heat. Brush lightly with butter and pour in 2 Tbls. batter. Immediately rotate pan to spread batter. Cook until light brown (2 to 3 minutes). Turn and cook other side. It will not brown as nicely as the first side. Remove from pan to plate, stacking as crepes are made. These will keep and may be frozen if well wrapped.

### Filling:

4 Tbls. butter  
2 onions, chopped  
2 cups coarsely chopped mushrooms  
1/4 cup cooked chopped spinach  
2 cups coarsely diced chicken  
1/4 cup sour cream  
2 Tbls. dry sherry  
1/2 tsp. salt  
1/4 tsp. pepper

Saute onions in butter; add mushrooms and cook until lightly browned. Combine with remaining ingredients.

Sauce:

1/4 cup butter  
1/4 cup flour  
2 cups chicken broth  
1 cup milk  
1/2 cup Parmesan cheese  
4-5 drops Tabasco  
Salt to taste  
1/2 cup dry sherry

Parmesan cheese

Blend flour with butter. Gradually stir in milk and chicken broth. Cook, stirring until thickened. Add cheese. Season to taste. Remove from heat and stir in sherry.

To assemble:

Place 2-3 Tbls. filling on one side of each crepe. Roll up and place in shallow buttered baking dish. When all crepes are filled, cover with sauce. Sprinkle with Parmesan cheese.

May be frozen if well wrapped. Thaw before baking.

Bake in 375° oven for 30 minutes.

SALAD DU CHARLES BISTRO

1-1/2 cup torn watercress  
4-5 cups torn head lettuce  
1 tart apple, peeled and chopped  
1 avocado, peeled and sliced  
1/4 cup chopped walnuts  
2 green onions, chopped



1/2 tsp. basil, crumbled  
2 Tbls. chopped parsley  
Italian-style dressing

Combine all ingredients, tossing to mix.

## ORANGE OR CHOCOLATE FONDUE

### Orange Sauce:

1/2 cup soft butter  
1 cup sugar  
4 egg yolks  
1 Tbls. grated orange rind  
2/3 cup frozen orange juice concentrate  
2/3 cup milk

Cream together butter and sugar. Beat in egg yolks one at a time. Stir in peel, orange concentrate and milk. Cook in double boiler over simmering water 10 to 15 minutes, stirring. Mixture will be thin. Chill. Makes about 2 cups.

### Chocolate Sauce:

6 oz. milk chocolate  
1 cup light cream  
1/4 cup brandy or rum (optional)

Heat in double boiler over simmering water until chocolate is melted and mixture is smooth. Makes about 1-1/2 cups.

### To serve:

Prepare cubes of angel food or pound cake. They are especially nice if lightly toasted. Lady fingers or macaroons are also suitable.

Bite-sized chunks of fruit, such as apples, pineapple or bananas, are also delicious with either sauce.

The orange sauce may be served warm or chilled. Be careful when re-heating the sauce to use a double boiler. If you don't want to use a fondue pot, warm individual serving dishes and give each guest one or both sauces. If using a fondue pot, be careful to use a very low flame or heat source.

#### Alternate Recipe:

##### \*SHRIMP QUICHE

9" lightly baked pastry shell

2 Tbls. minced green onion

3 Tbls. butter

1-1/2 cup cooked shrimp (or crab)

2 Tbls. dry vermouth or sherry

4 eggs, beaten

1-1/2 cup light cream

1 Tbls. tomato paste

1/2 tsp. salt

1/4 tsp. pepper

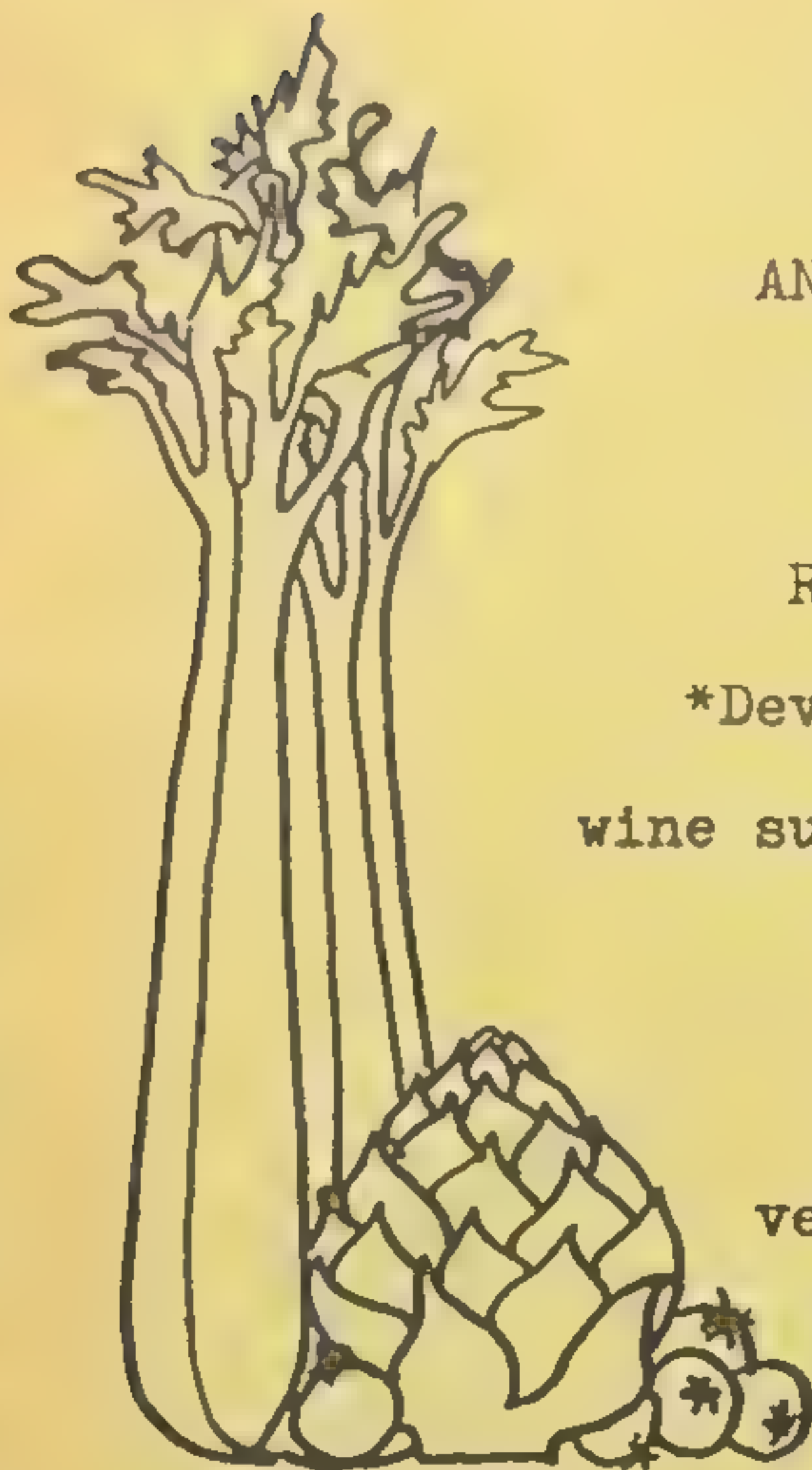
Saute onions in butter until tender but not brown. Add shrimp and stir gently for 2 to 3 minutes. Add wine and simmer 2 minutes. Remove from heat.

Combine beaten eggs with cream, tomato paste and seasonings. Blend with shrimp mixture. Taste for seasoning.

When ready to bake, pour mixture into pastry shell. Bake at 375° for 25-30 minutes.







EGGS A LA CHIMAY\*

ANTIPASTO SALAD BOWL

FRENCH ROLLS

RASPBERRY CAKE ROLL

\*Deviled Eggs Florentine

wine suggestion: Chenin Blanc

Serves 4

From the French comes a very refined way to serve, of all things, deviled eggs. These will rate lavish praise for you,

whichever version you choose to serve. Of course, your own good combination of salad greens and tomatoes would be perfect with either dish, but do try the suggested antipasto salad--it is interesting and delicious. The cake roll can be made easily from a package of chiffon cake mix (the directions are on the box) if you don't have time to make it from your own best sponge cake recipe. The raspberry filling is lovely, but you can choose one of your own of lemon, chocolate, mocha, or ice cream.



## EGGS A LA CHIMAY\*

1/3 lb. mushrooms  
3 Tbls. butter

6 eggs, hard-cooked and peeled  
2 Tbls. minced parsley  
1 Tbls. minced onion  
3 Tbls. heavy cream or mayonnaise  
Salt to taste  
Fresh ground pepper

2 Tbls. butter  
3 Tbls. flour  
2 cups milk  
3 Tbls. grated Swiss or Parmesan cheese  
Salt to taste  
Dash nutmeg  
4-5 drops Tabasco

3 Tbls. buttered bread crumbs  
3 Tbls. grated Swiss or Parmesan cheese

Saute mushrooms in butter until lightly browned. Set aside.

Halve eggs evenly lengthwise; remove yolks and mash until very smooth. Blend in parsley, onion, seasonings and cream or mayonnaise (mixture should not be thin). Fill whites with yolk mixture, piling lightly.

Blend butter and flour. Gradually stir in milk. Cook, stirring until thickened, then simmer, covered, 2-3 minutes. Add cheese and seasonings.

To assemble, coat a shallow, buttered baking dish (or individual serving dishes) with a film of sauce. Arrange eggs in dish; scatter mushrooms over and around eggs. Cover with



remaining sauce and sprinkle with bread crumbs and cheese. Bake at 375° for about 15 minutes.

### ANTIPASTO SALAD BOWL

1 pint box cherry tomatoes  
1 jar (6 oz.) marinated artichoke hearts  
1 cup ripe pitted olives  
1/2 cup coarsely chopped celery  
1/4 cup chopped parsley  
1/2 tsp. basil, crushed

Stem tomatoes and cut in half if large. Combine remaining ingredients, including marinade on artichoke hearts. Refrigerate, covered, overnight. May be served in one large bowl, or in individual lettuce cups.

### RASPBERRY CAKE ROLL

1 sponge cake roll+  
1 pkg. (10 oz.) frozen raspberries, thawed  
1-1/2 tsp. unflavored gelatine  
1 cup heavy cream, whipped

Drain raspberries. Combine juice with gelatine and place over low heat, stirring until gelatine is dissolved. Cool. Combine gelatine mixture with berries and fold into whipped cream. Spread evenly over cake and roll up. Dust top with powdered sugar. Refrigerate until serving time.

+ Make your own "from scratch" cake roll or follow directions on box of chiffon cake mix, being careful to sift powdered sugar generously on tea towel before turning out cake.



## Alternate Recipe:

### \*DEVILED EGGS FLORENTINE

1 can (10½ oz.) cream of shrimp soup  
1/3 cup sour cream  
1/4 cup milk  
2 Tbls. Sherry  
1/2 to 3/4 cup cleaned, cooked shrimp  
2 pkgs. (10 oz.) frozen chopped spinach

6 hard-cooked eggs, peeled  
1/8 tsp. pepper  
1/4 tsp. salt  
1/4 cup mayonnaise  
1 tsp. prepared mustard

1/4 cup Parmesan cheese

Blend together soup, sour cream, milk and Sherry. Stir in shrimp. Cook spinach until barely tender. Drain thoroughly. Halve eggs, remove yolks and mash until smooth. Mix in seasonings, mayonnaise and mustard. Lightly pile mixture back into whites.

Spoon spinach into a buttered flat baking dish, or individual baking dishes. Arrange eggs on top and cover with shrimp sauce. Sprinkle with cheese. Bake at 375° for 15 minutes or until hot through.

## CHICKEN STRATA

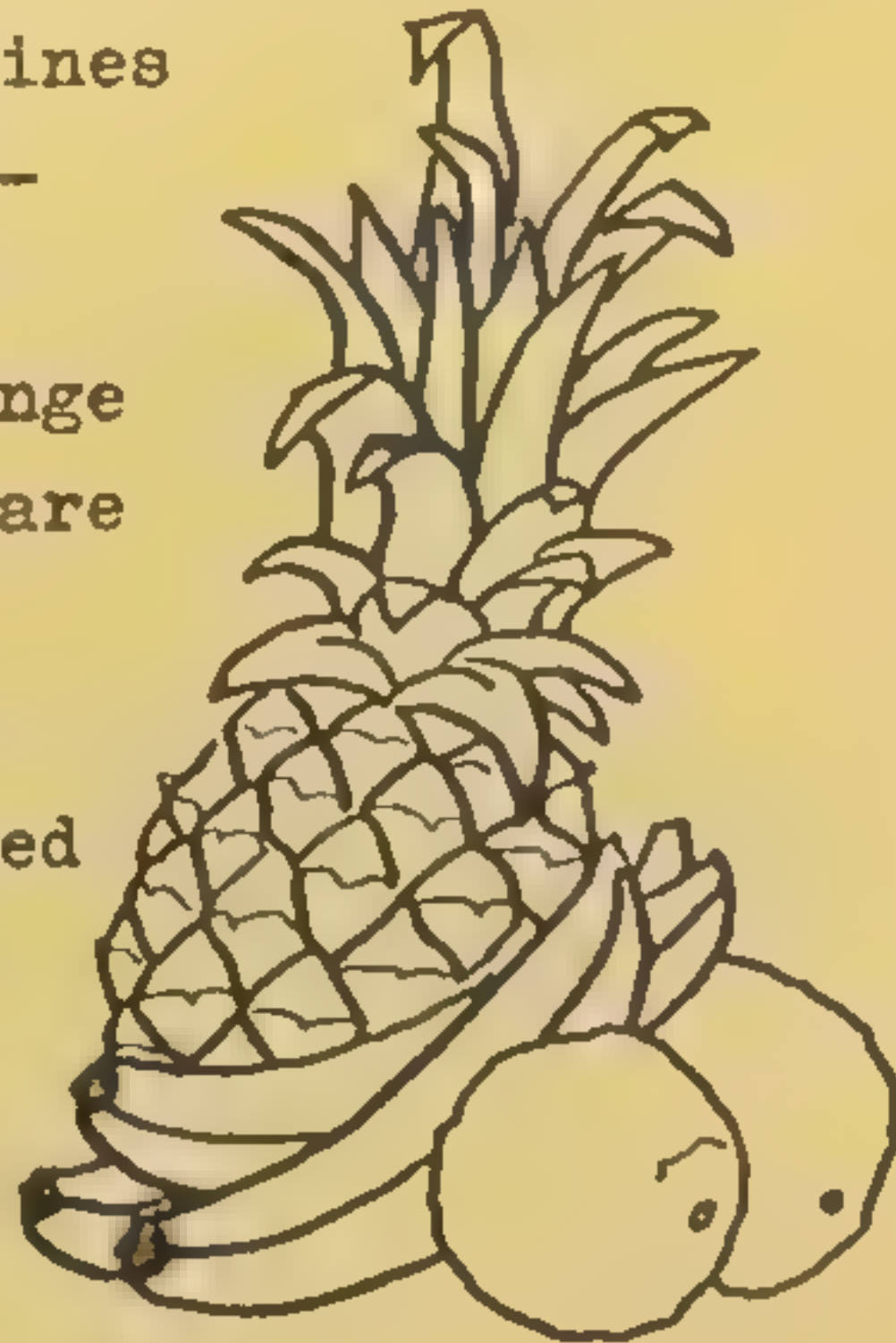
## BERMUDA SALAD

## ELEGANT FRUIT DESSERT\*\*

\*\*Lemon Sherbet Sundae

Serves 8

There are many good strata (or fondue) recipes around these days. Here, chicken is used to make one of the best--a good choice when planning for the larger group. The Bermuda Salad combines the onions with thinly-sliced cauliflower and salad greens for a change of pace. Fall fruits are covered with a spicy orange sauce; or serve the lemon sherbet topped with a rum raspberry sauce.





## CHICKEN STRATA

6 slices white bread, diced  
2 cups diced cooked chicken  
1/2 cup diced celery  
1/4 cup sliced green onion  
1/4 cup diced green pepper

1/2 cup mayonnaise  
3 eggs, beaten  
1-1/2 cups milk  
1/8 tsp. pepper  
1 tsp. salt

1 can (10 1/2 oz.) cream of mushroom soup  
1/2 cup sour cream

2 cups grated cheddar cheese

Arrange bread in buttered, flat baking dish (about 7" x 11"). Combine vegetables with chicken and arrange over bread.

Beat mayonnaise, eggs, milk and seasonings together and mix gently into casserole ingredients. Combine soup with sour cream and spoon over top. Bake at 325° for 45 minutes.

Sprinkle cheese over top and bake 15 minutes longer.

## BERMUDA SALAD

1 small head cauliflower  
1 small Bermuda onion  
1/2 cup sliced stuffed or black olives  
1/2 cup Italian or French dressing  
1/4 cup crumbled Blue cheese  
1-1/2 quarts salad greens

Separate cauliflower in flowerets. Slice thinly crosswise. Slice onion and separate rings. Marinate vegetables with olives in dressing at least 30 minutes. Just before serving, toss with cheese and salad greens.

### ELEGANT FRUIT DESSERT\*\*

1/4 cup brown sugar  
2 Tbls. cornstarch  
2 cups orange juice  
1 tsp. grated lemon peel  
Dash nutmeg  
6 whole cloves  
1 stick cinnamon

6 cups diced fresh fall fruit (apples, pears, pineapple, grapes, bananas, late melons)

Sour cream

Combine sugar and cornstarch. Gradually blend in juice. Add lemon peel and spices. Cook, stirring until thickened and clear. Cool. Remove spices.

Pour over prepared fruit and chill 2 to 3 hours. Serve plain or with sour cream topping.





## Alternate Recipe:

### \*\*LEMON SHERBET SUNDAE

1 quart lemon sherbet  
2 pkgs. (10oz.) frozen raspberries, thawed  
1 Tbls. cornstarch  
1/2 cup white rum

Drain raspberries. Mix cornstarch with juice and bring to a boil, stirring. Cook until thickened and clear. Pour over berries; add rum and refrigerate. Serve chilled or warm over sherbet.

## COCK A LEEKIE SOUP\*

FINGER SANDWICHES      RELISHES

FRUIT, CHEESE AND CRACKERS\*\*

\*Shrimp Bisque  
\*\*Apples Alsatian



When the weather  
turns nippy, what could  
be more welcome than a  
good soup for lunch?

Prepare your own famous  
concoction or either recipe sug-  
gested here and serve with bite-sized  
sandwiches (or good French bread) and an  
assorted relish platter. Fall fruits, such  
as apples, pears and grapes, are especially  
right with cheese and make a perfect ending  
to this meal. Be sure to try the Apples  
Alsatian, however--one of the best of apple  
desserts.



## COCK A LEEKIE SOUP\*

4 large onions, diced  
1 stalk celery, diced  
10 large leeks, sliced  
6 oz. butter

5 lbs. russet potatoes, finely diced  
4 quarts chicken stock  
Salt and pepper, to taste

2 cups light cream  
Finely chopped parsley

Saute onion, celery and leeks in butter.  
Combine with chicken stock and potatoes.  
Simmer 2 hours.

Beat soup with electric mixer (for a coarser, more typical hot soup texture) or process through blender. Add cream and season to taste. Reheat, but do not let soup boil. This makes about 4 to 5 quarts-- plenty for second helpings, and the rest may be frozen.

## SOUP ACCOMPANIMENTS

Plan a finger-type relish plate of carrots, celery, bright red radishes, green pepper strips, black olives, and cauliflower.

Choose your favorite fillings to make finger sandwiches, or serve hot crusty French bread or rolls. The sandwiches are, perhaps, more suited to serve with the bisque (watercress, cucumber, egg) and the bread with the potato soup.

## FRUIT, CHEESE AND CRACKERS\*\*

This combination is one of the most satisfying ways to end a meal--typically European. Your favorite delicatessen is the place to head for the cheese. Consider Fontina, Brie, Port Salut, and, of course, well-aged Cheddar and imported Swiss. Pears, apples, and grapes go particularly well with cheeses.

### Alternate Recipes:

#### \*SHRIMP BISQUE

1 medium carrot, finely chopped  
1 small onion, chopped  
1/2 bay leaf  
1/4 tsp. marjoram  
1/3 cup white wine  
1-1/2 to 2 cups small shrimp, cooked  
2-1/2 cups chicken broth

3 Tbls. butter  
4 Tbls. flour  
2 cups milk  
1/4 cup heavy cream (optional)  
Salt and pepper to taste

Combine carrot, onion, herbs and wine with broth. Simmer, covered, 30 minutes. Divide shrimp in half. Place one half in blender along with broth and vegetables. (Remove bay leaf first.) Puree until smooth.

Blend butter with flour and gradually stir in milk. Cook, stirring until thickened.

Add broth mixture to sauce. Heat, but do not boil. Taste for seasonings. Add remaining shrimp and cream. Makes about 1-1/2 quarts.



## \*\*APPLES ALSATIAN

6 medium green apples, peeled and sliced  
1/4 cup butter  
1/2 cup plum jam  
3 Tbls. rum or brandy

1/4 cup butter  
1/3 cup sugar  
3 egg yolks  
1 Tbls. flour  
1 tsp. cinnamon  
1 cup fresh whole wheat bread crumbs  
1/2 cup finely chopped walnuts

2 egg whites  
2 Tbls. sugar

Powdered sugar

Saute apple slices in butter until almost tender. Arrange apples in buttered 8" or 9" baking dish. Melt jam in skillet with rum or brandy. Pour over apples.

Cream butter with sugar until light. Beat in egg yolks, then flour, cinnamon and bread crumbs. Stir in nuts.

Beat egg whites until foamy. Sprinkle in sugar and beat until stiff. Fold into bread crumb mixture and spread evenly over apples.

Bake at 325° for 20 to 25 minutes. Sift powdered sugar generously over top and continue to bake 20 minutes more. Allow to cool, then chill, preferably 24 hours to blend flavors.



Winter





## CHILIS RELLENOS\*

### FIESTA SALAD BOWL

### GINGERED ORANGE SUNDAES

#### \*Chicken Enchiladas

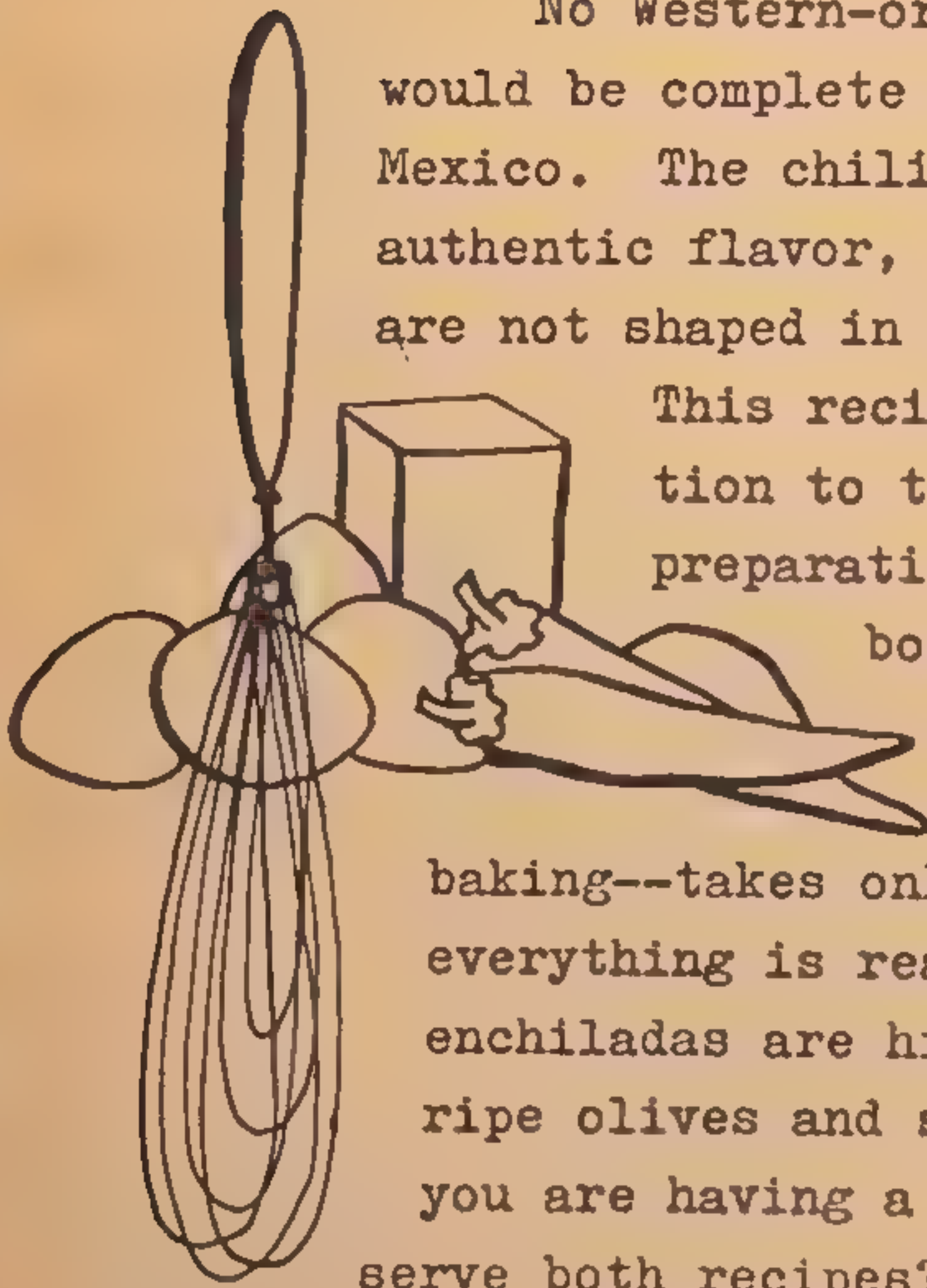
Serves 6

No Western-oriented menu book would be complete without foods from Mexico. The chilis rellenos have authentic flavor, even though they are not shaped in typical fashion.

This recipe is one exception to the day-before preparation plan of this book. It should be

assembled  
shortly before

baking--takes only minutes if everything is ready. Chicken enchiladas are highlighted with ripe olives and sour cream. If you are having a crowd, why not serve both recipes? The beans for this meal are found in the salad bowl.





## CHILIS RELLENOS\*

7 eggs, separated  
3 Tbls. flour  
1/2 tsp. salt  
1 can (4 oz.) green chilies  
1/2 lb. Jack or mild cheddar cheese slices

Beat egg yolks with flour and salt. Open chilies flat and remove seeds. Beat egg whites until stiff and fold in egg yolks. Spoon 1/2 of mixture into well-buttered 7" x 11" baking dish. Cover with chilies, then cheese. Cover with remaining egg mixture. Bake at 325° for 25 minutes. Cut into squares and serve with commercial Mexican hot sauce or sauce below:

3 Tbls. chopped onion  
1 clove garlic, minced  
1 Tbls. butter  
1 can (1 lb.) Spanish-style tomato sauce  
1/3 cup water  
1/4 tsp. salt  
1/4 tsp. oregano, crushed

Saute onion ~~and~~ garlic in butter until tender. Combine with remaining ingredients and simmer, covered, for 15 minutes.

## FIESTA SALAD BOWL

1-1/2 quarts torn salad greens  
1 cup marinated red and garbanzo beans  
1/2 medium cucumber, sliced  
2 green onions, sliced thin  
3 Tbls. chopped green pepper  
Oil and vinegar dressing

Toss all ingredients together just before serving.



## GINGERED ORANGE SUNDAES

- 1 pint orange sherbet
- 1 can (11 oz.) Mandarin oranges
- 1/3 cup orange liqueur
- 2 Tbls. crystallized ginger, minced

Marinate oranges in liqueur several hours. Place sherbet in dessert dishes. Spoon oranges and sauce over sherbet and top each with ginger.

### Alternate Recipe:

#### \*CHICKEN ENCHILADAS

- 6 corn tortillas
- 1 can (10½ oz.) cream of chicken soup
- 1/2 cup milk or chicken stock
- 1 cup sour cream

- 2 cups coarsely diced chicken
- 1/2 cup chopped green onions
- 1 can (4 oz.) sliced ripe olives
- 3/4 lb. Jack cheese, grated

Wrap tortillas in damp tea towel and place in low oven to soften (about 10 minutes). Combine soup, milk or stock and sour cream.

Spread each tortilla with 2 or 3 Tbls. of sauce. Divide chicken, onions, olives, and half of cheese among tortillas. Roll and arrange in buttered, shallow baking dish. Cover rolls with remaining sauce and sprinkle with cheese. Bake at 300° for 30 minutes.







## CHICKEN BREASTS SUPREME\*

## CRANBERRY GARNET MOLD

## HOT ROLLS

## CHOCOLATE MOUSSE\*\*

\*Crab Artichoke Casserole

\*\*Frozen Chocolate Frangoes

Serves 4-6

For that gala holiday season luncheon, plan to serve these lovely chicken breasts. The recipe has been especially developed so they can be frozen and reheated successfully. The crab artichoke dish is luscious and well worth the strain on your budget. Most good cranberry molds are made with ground oranges. This is no exception, but uses already prepared cranberry relish, an easy touch during this busy season. For dessert, a lavish mousse with a velvety texture is easily prepared in your blender. The frangoes remind one of Uno Bars, they are so smooth.



## CHICKEN BREASTS SUPREME\*

1/2 cup flour  
2-1/2 tsp. salt  
1 tsp. paprika  
1 lemon, halved  
4-6 chicken breasts, boned, skinned, halved  
1/4 cup butter

1/2 cup Madeira wine  
1/4 cup beef bouillon (undiluted)  
2 tsp. cornstarch  
2 cups light cream  
1 Tbls. lemon juice

1 cup grated Swiss cheese (optional)  
1/2 cup finely chopped parsley

Combine flour, salt and paprika. Wipe chicken with surface of cut lemon and dredge in flour. In a large skillet, heat butter and brown chicken on both sides. Add 1/4 cup water; cover and cook over low heat 25 to 30 minutes, or until barely done. Arrange chicken in a single layer in a freezer-proof baking container.

Add wine and bouillon to drippings in skillet and cook down until syrupy. Stir cornstarch into 1/2 cup of cream. Cook, stirring until thickened. (Sauce will be fairly thin.) Add lemon juice and pour over chicken. If freezing, wrap well with heavy foil and store in freezer. Thaw before cooking.

Preheat oven to 350°. Bake, covered, 30 minutes or until sauce bubbles and chicken is hot. This delicate sauce is delicious as is, but if using cheese, sprinkle over chicken and brown under broiler. Garnish with chopped parsley.

## CRANBERRY GARNET MOLD

- 2 cups cranberry juice cocktail
- 2 pkgs. (3 oz.) orange-flavored gelatine
- 1 cup orange juice
- 1 large orange, peeled and sectioned
- 1 jar (14 oz.) cranberry-orange relish
- 1/2 cup chopped celery
- 1/2 cup chopped walnuts

Bring 1 cup cranberry juice to boiling. Pour over gelatine, stirring to dissolve. Stir in remaining cranberry and orange juice. Refrigerate until syrupy. Cut orange sections into pieces. Add to gelatine with relish, celery and nuts. Chill until firm in 1-1/2 quart mold. This recipe serves up to 12.

## CHOCOLATE MOUSSE\*\*

- 1/4 cup brown sugar, packed
- 3 eggs
- 6 sq. semisweet chocolate, melted
- 2 Tbls. Kahlua or coffee-flavored liqueur
- 1 cup heavy cream

Place sugar and egg in blender and whirl until foamy. Add melted chocolate, liqueur and cream. Continue beating in blender until light and well-blended. Pour into 6 small pots or individual serving dishes.





## Alternate Recipes:

### \*CRAB ARTICHOKE CASSEROLE

2 cups cooked artichoke hearts (cut in half if large)

1/2 lb. crab meat (or more)

1/4 lb. cooked, cleaned shrimp

1/2 lb. fresh mushrooms, sliced and sauteed in butter

2 Tbls. butter

2-1/2 Tbls. flour

1/2 tsp. salt

1/4 tsp. freshly ground pepper

1 cup light cream

1 Tbls. Worcestershire

1/4 cup sherry

1/4 cup Parmesan cheese

Arrange artichokes over bottom of buttered 9" baking dish. Spread crab, shrimp and sauteed mushrooms over artichokes.

To make sauce, blend butter, flour, salt and pepper. Gradually stir in cream and cook, stirring until thickened and smooth. Blend in Worcestershire and sherry. Pour over casserole mixture. Sprinkle with cheese. Bake for 20 minutes at 375°



## \*\*FROZEN CHOCOLATE FRANGOES

1/2 cup butter  
1 cup sifted powdered sugar  
2 sq. unsweetened chocolate, melted  
2 eggs  
1/4 tsp. (or more) peppermint flavoring  
1 tsp. vanilla  
1/2 cup vanilla wafer crumbs

Whipped cream  
Maraschino cherries

With electric mixer, beat together butter and sugar until light and fluffy. Beat in melted chocolate. Add whole eggs and continue beating until very fluffy. Beat in flavorings.

Sprinkle half of cookie crumbs in each of 6 or 8 cupcake liners. Fill with chocolate mixture, then top with remaining crumbs. Freeze until firm. Before serving, decorate with whipped cream and cherries.





## HAWAIIAN BEEF\*

### EAST INDIAN CHUTNEY

### RICE

### GREEN SALAD BOWL

### PINEAPPLE CREME DE MENTHE

### \*Chicken Curry

Serves 8

Heartier fare is called for when the weather is frigid. The Hawaiian beef is not rich, but it is substantial. The beef cubes are browned in the oven and cooked with a zesty sweet-sour sauce. Be sure to offer the condiments. Chutney is essential to serve with curry--an authentic recipe is included for the fun of experimenting. The chicken curry is excellent and not too strong. If you're having a real crowd, why not serve both dishes? Fresh pineapple seems the perfect touch for the meal--sweet and refreshing





## HAWAIIAN BEEF\*

2 lbs. beef cubed (top round, rump, cross rib)  
2 Tbls. olive or salad oil  
2 cups beef stock or bouillon  
1/4 cup sherry

1 cup catsup  
1/2 cup brown sugar  
1 Tbls. Worcestershire  
1 clove garlic, minced  
2 Tbls. wine vinegar  
1/4 cup raisins  
1 medium onion, chopped  
1 tsp. curry powder

4 cups cooked rice

Coat beef with oil and braise, uncovered, in 400° to 450° oven about 30 minutes, or until browned. Stir occasionally. Add beef stock and sherry. Simmer in oven, covered, 2 hours or until almost tender. Mix together remaining ingredients, heat, and add to beef. Continue to cook 30 minutes longer. Taste for seasoning. If too strong, add water. Thicken as desired with cornstarch mixed with water.

Serve with rice and the following condiments:

Chopped macadamia or peanuts  
Chopped green onion  
Crisp crumbled bacon  
Chopped hard-cooked egg  
Coconut  
Chutney (several kinds)

## EAST INDIAN CHUTNEY

2 cups cider vinegar  
1 lb. brown sugar  
2 green tomatoes, chopped  
1 mango, coarsely chopped  
3 large green apples, peeled and chopped  
3 white onions, chopped  
1 cup seedless raisins  
1/4 cup minced preserved ginger  
1/2 tsp. chili powder  
2 Tbls. Worcestershire

Boil vinegar and sugar together until sugar is dissolved. Add remaining ingredients and cook until thick and dark, stirring occasionally. Seal in sterilized jars. Makes 3 quarts.

## GREEN SALAD BOWL

Prepare a simple favorite.

## PINEAPPLE CREME DE MENTHE

1 large pineapple  
1/3 cup green creme de menthe

Lay pineapple on side and cut top third off lengthwise, leaving frond intact. With grapefruit or paring knife, cut out core and discard. Cut meat away from shell, being careful not to pierce through. Dice pineapple; coat with liqueur and pile in shell. Refrigerate several hours, gently stirring fruit occasionally. Serve from shell into dessert dishes.



## Alternate Recipe:

### \*MADRAS CHICKEN CURRY

3 chicken breasts, halved and boned  
Seasoned flour  
4 Tbls. butter  
2 large onions, chopped  
1 clove garlic, minced

1-1/2 Tbls. curry powder  
2 cups chicken stock  
3 Tbls. chutney  
1/2 cup raisins  
2 tart apples, peeled and chopped  
1 Tbls. minced crystallized ginger  
Salt to taste  
1/2 cup light cream

Cut meat into pieces about 1" x 1/2". Dust pieces in flour and saute in hot butter until lightly brown on both sides. Remove pieces from pan. Brown onions and garlic. Stir in curry powder, then chicken stock. Add chutney, raisins, apples and ginger. Cover and simmer 30 minutes. Add cream to sauce along with chicken. Simmer over low heat 10 minutes. Sauce may be thinned with chicken stock or thickened with cornstarch mixed with water.

Serve with rice and condiments.

## SALMON CROQUETTES AVGOLEMONO\*

### SPINACH SALAD

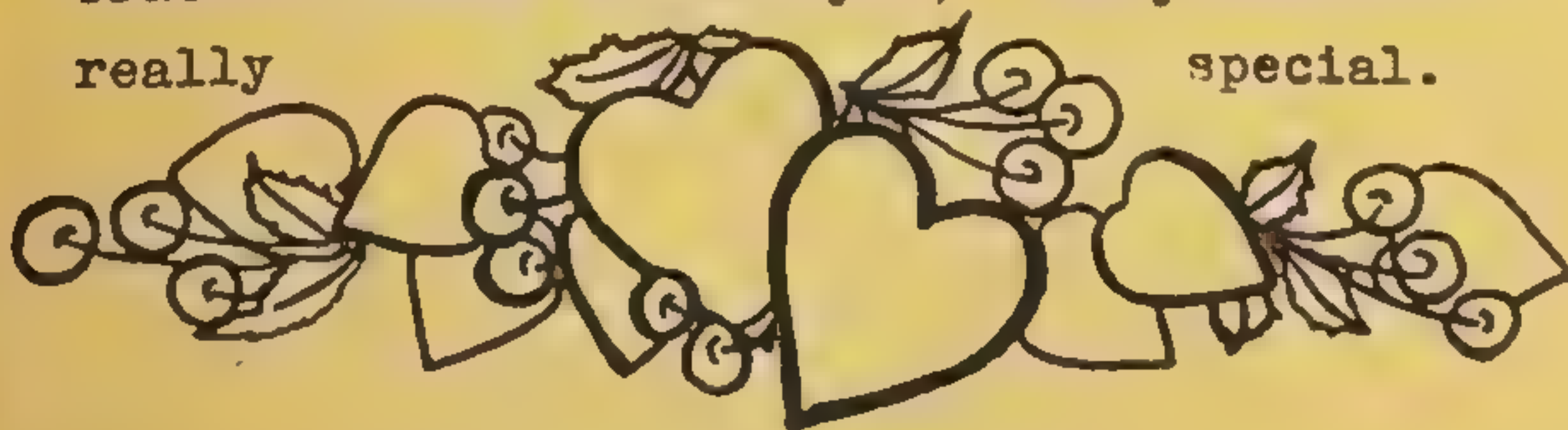
### CHERRY TORTE

### \*Hot Chicken Salad

wine suggestion: Chablis

Serves 6

Our Valentine (or Washington's Birthday) luncheon has two excellent recipes. The salmon croquettes are baked, rather than deep fried, and served with a lemony sauce adapted from the Greeks. Hot chicken salad, besides being easy to prepare, is exceptionally good, and adaptable for large group preparation. Winter is the time to find tender spinach, so suitable for salads. Of course, the dessert is red and white--fat cherries in a tender meringue pie shell. Don't let the cracker crumbs disturb you; they make this really special.





## SALMON CROQUETTES AVGOLEMONO\*

2 cups flaked salmon (1lb. can)

1/2 cup sour cream

2 tsp. Worcestershire

1 Tbls. minced green onion

2 Tbls. lemon juice

1/2 tsp. salt

1/4 tsp. pepper

2 Tbls. minced parsley

1/2 tsp. dill weed

1 cup fresh bread crumbs

1/2 cup cornflake or cracker crumbs

2 Tbls. melted butter

2 Tbls. butter

2 Tbls. flour

2 cups liquid (salmon plus chicken broth)

2 egg yolks

1/4 cup lemon juice

Drain salmon and reserve broth. Combine salmon with sour cream, seasonings, and fresh bread crumbs. Measure 1/3 cup portions and shape into cylinders. Roll in dry crumbs which have been tossed with butter. Bake at 400° for 20 minutes or until browned. Serve with sauce.

To make sauce, blend butter with flour. Gradually add broth combination. Cook, stirring, until thickened. Beat egg yolks with lemon juice. Add a little hot sauce to egg yolks. Slowly stir egg yolk mixture into hot sauce. Cook over low heat 5 minutes. This may be reheated.

## SPINACH SALAD

1 lb. tender spinach  
1/3 cup thinly sliced water chestnuts  
3 slices crisp cooked bacon, crumbled  
2-3 sliced green onions (optional)  
3 Tbls. toasted sesame seeds  
Garlic dressing, to taste

Carefully wash spinach, tear out stems, and break into bite-sized pieces. Toss gently with remaining ingredients.

## CHERRY TORTE

3 egg whites  
Dash salt  
1 cup sugar  
1 tsp. vanilla  
3/4 cup chopped walnuts  
1/2 cup saltine cracker crumbs  
1 tsp. baking powder

1 can red pie cherries  
1/4 cup sugar  
1 Tbls. cornstarch  
Red food coloring, if needed  
(may use 1 can cherry pie filling instead of above ingredients)

1 cup heavy cream, whipped

Beat egg whites until foamy; gradually add sugar, beating until stiff and glossy. Add vanilla. Combine nuts, crumbs and baking powder. Fold into egg whites. Spread in well-buttered 9" pie plate, building mixture well up on sides. Bake at 300° for 40 minutes. Cool.



Blend cherry juice with sugar and cornstarch. Bring to boil, stirring and cook until thick and clear. Add food coloring and cherries. Cool.

Spread half of whipped cream over torte shell. Spoon cherry filling over top and garnish with remaining cream. Chill several hours.

#### Alternate Recipe:

##### \*HOT CHICKEN SALAD

2 cups diced cooked chicken breasts  
1-1/2 cups sliced celery  
1/2 cup sliced almonds  
1/2 tsp. salt  
1/4 tsp. pepper  
2 Tbls. minced onion  
2 Tbls. lemon juice  
3/4 cup mayonnaise

3/4 cup grated sharp cheddar cheese  
1 cup crushed potato chips

Combine first 8 ingredients. Place in 8" x 8" casserole. Spread cheese and potato chips over top. Bake 15 minutes at 400°.

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